THE RECOVERY KERNEL

Dancefloor Intelligence Series

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THE CENTURION - [illegible]

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SECTION 0

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THE CENTURION - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

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[illegible]/CO_2 : [illegible].

THE CENTURION - [illegible].

[illegible] (0.04% [illegible]) ([illegible] 400 [illegible]). [illegible] تهوية [illegible], CO_2 [illegible]. [illegible], [illegible] تهوية [illegible] - [illegible], [illegible], [illegible] - CO_2 [illegible].

CO_2 [illegible]	[illegible].	(lipodrom) [illegible]: * [illegible], [illegible]. * [illegible], [illegible] مز[illegible]. * [illegible]. [illegible], findahelpline.com [illegible].
400–800 ppm ([illegible] / [illegible]).	[illegible]. [illegible]. [illegible]. [illegible]. DJ [illegible] ([illegible]).	. CO_2 [illegible].
800–2000 ppm ([illegible]).	[illegible], [illegible]. [illegible], [illegible], [illegible].	1000 ppm : [illegible] - [illegible]. 1500–2000 ppm : [illegible], [illegible]. [illegible], [illegible], [illegible].
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THE CENTURION - [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]:

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The Sit: [illegible].

THE CENTURION - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

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BPM [illegible]: Conga [illegible] 100–130 BPM [illegible]. [illegible] house music [illegible] Afrobeats [illegible], [illegible] "step-step-kick" [illegible]. 150 BPM [illegible] hard techno [illegible], "step-step-kick" [illegible], [illegible]. 80 BPM [illegible], [illegible], [illegible].

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THE CENTURION - [illegible]. [illegible], [illegible].

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- ☐ [illegible]EXIT [illegible] - [illegible].
- ☐ / [illegible].
- ☐ [illegible] - [illegible].
- ☐ [illegible] - [illegible].
- ☐ [illegible]/[illegible].
- ☐ [illegible] - [illegible].
- ☐ [illegible] - [illegible].
- ☐ [illegible] - [illegible], [illegible], [illegible]EXIT.
- ☐ [illegible] - [illegible], [illegible], [illegible].
- ☐ [illegible] - [illegible] 60-90 [illegible].
- ☐ **Conga [illegible]: [illegible], [illegible].**

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[illegible] 0: "The Recovery Kernel" [illegible] | [illegible].

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70–95 BPM	□□□□-□□□□, □□□ & □□, , □□□□ □□□□□□, □□□□□□□□.	□□□□□ - □□□□ □□□□□□, □□□□□□ □□□□□□, □□ □□□□□ □□□□ □□□□□, □□ □□□□□□□□ □□□□□ □□□□□ □□□□ □□. □□□ □□□□□ □□□ □□□□□ □□□□□ □□□□□. □□□□□ □□□□□ □□□□, □□□□□ □□ □□□. □□□ □□□□ □□□□□□□, □□□□□ □□□□ □□□□□□□ شان□□ □□□□□ □□□□ □□□□□.	□□□□□ □□ □□□. □□□□□ □□□□□□□ □□□ □□□□□ □□□□. □□□□□□□□. □□□□□□□ □□□□□ □□□□ □□□□ - □□□ □□□ □□□□□□□ □□□□□□ □□□, □□ □□□□□□□ □□□□□ □□□□□□□□□□ □□ □□□□□□□□□□.	□□-□□ □□□□ - □□-□□□□ □□□□□ □□□□□ □□□ □□□□ □□□□□ □□. □□□□□ □□□□ □□□□□ □□□, □□□□□□□□ □□□□ □□□ BPM □□□□□□ □□□□□□ □□□□□.
96–115 BPM	Afrobeats, Amapiano, dancehall, baile funk, □□ □□□□ □□□□□□ □□□□□.	□□□□ □□□□ - □□□□□□ □□□□□ □□, □□□□□, □□□□, □□□□, □□□□ □□ □□□□ □□. □□ □□□ □□□□□□□ □□□□□□ □□□□□. □□□□□□□□□ Afrobeats □□□□□□□□□: □□□□□ □□□□ □□□□□ □□□□□ □□□, □□□□□ □□□□□□□ □□□, □□□□□□□□□□□□□ □□□□□ □□□□□. □□□ □□□□□ □□□□	□□□□□□□ □□□□□□ - □□□ □□□□□□ □□ □□□□ □□□□□□□□□, □□ Afrobeat □□□□ □□□□□□ □□□□. □□□□□□ □□□□□□ πολυρυθμός□ □□□□□□ □□□□□ □□□□□, □□□ □□□□□□□ □□□□□□□ □□□□□□ □□□□□□ □□□□ □□□□□□. □□□□□□□ (groove) □□□□wegen □□□□□□ □□□□ □□□□□, □□□□□□□ □□□□□□□□	□□□□□□ - □□□□□□□□□□ □□□□□□□□ (Amapiano) □□□□□□, □□□□□ □□ □□ □□□□□□ □□ □□□. □□□□□□, □□□□ □□□□□□ □□□ □□□□□□□ □□. □□□□ □□□□□□□□□□ (Afrobeats) □□□□□ □□□□, □□□□□ □□□□ □□□□□□ □□□□□ □□□□□□□□□□ □□□□□□ □□□

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116–126 BPM	Deep house, soulful house, late-night house.	□□□□□□□ □□□□ □□□□□□ □□□□□□□□□ □□□□□□ □□□□□□ □□□□□ □□. □□□□□□ □□□□□□ □□□□□□□□ - □□□□□□ □□□□□□ □□□□□ □□□□ □□□□□□□□□ □□□□□ □□□□□□ □□□□□□□ □□ □□□□□□. □□ □□□□□□□□□□□□, □□□□ □□□□□ "□□" □□□□□□ □□□□□□□ □□□□□ □□□□ □□□□□□. □□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□. □□□□: □□□□□□□, □□□□□□□ □□□□□□□□ □□□□□□□□. □□□□□□□□ □□□□□□ □□□□□□ - □□□□□□ □□□□□□□ □□□□, □□□□□□□□ - □□ □□□□ □□□□□□□ □□□□□□.	□□□□ □□□□□□□ □□□□. □□□□□ □□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□. □□□□□ □□□□□□ □□□□□□□□ (drums □□□□□ □□ □□□□□□ pads □□□□□ □□ □□□□□) □□□□ □□□□□□ □□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□. □□□□□□□□□. □□□□□□□□ □□□□□. □□□□ □□ □□□□□□□□□□□□□ □□□□□ □□□□□□□□□□. □□□□ □□ □□□□ □□□□□□□□ □□□□□.
126–134 BPM	House, progressive house, classics.	□□□□□□□ □□□□ (four-on-the-floor bounce) - □□□□ □□□□□□□□□□□□□ □□□□□ □□□□□□□ □□□□□□ □□□□□□□ □□□□□□. □□□□□□□ □□□□□□ (two-step) □□□□□□ □□□□ □□□□□. "□□□□□" (Chicago) - □□□□□ □□ □□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□, □□□□□□□ □□ □□□□□□ □□□□□□□□□□□ □□□□□ □□□□□□□ □□□□□□. □□□□□□□□□ □□□□□□ □□□□□□□□□□□□□ □□□□□ □□ □□□□, □□□□□□ □□□□□□□□ □□□□□□□□□□□□□□. □□□□□□□ □□□□□ (body roll) □ □□□□□□ □□ - □□□□□	□□□□□□□ □□□□□□ □□□□□□. □□□□□ □□□□ □□□□□□□. □□□□□□ □□□□□□□, □□□□□□ □□□□ □□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□ □□□□□ □□. □□□□ □□□□□□ □□□□□□□ □□□□, □ gerakan □□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□—□□□□□, □□□□□□ □□□□□□□□ □□□□ □□□□□□□ □□□□□□ □□ □□□□□□□, □□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□ □□□□, □□□□ □□□□□□□ □□□□ □□ □□□□□□□□□□ □□□□	□□-□□ □□□□□□□□□□□□□: □□□□□□ □□□□□□□□, "□□□" □□□ □□ □□□ □□□□□□□ □□□□ □□□□□ □□□□□□□ □□. □□-□□ □□□□□ □□□□□□ 1-2 □□ 3-4 □□ □□□ □□□ □□□□□ □□□ □□□□□ □□□, □□ □□□□□□□ □□□□□ □□ □□□□□□□□□□□□. □□□ □□□ □□□□□□ □□ □□□□□□, □□□□□□ □□□□□□□□□□ □□□ □□□□□□□ □□□□□□□□□□□□ □□□ □□□□□.

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134–145 BPM	Techno, peak-time house, trance.	[illegible]. [illegible]. [illegible]. [illegible]. [illegible]— [illegible], [illegible]. [illegible] ακόμα [illegible], [illegible]. [illegible]. [illegible]: [illegible] kedua [illegible], [illegible]. [illegible], [illegible], [illegible].	[illegible]. BPM [illegible], [illegible]. [illegible], [illegible]. 140 BPM [illegible].	Tango [illegible]: [illegible], [illegible]. [illegible] 140 [illegible], [illegible] tango [illegible] - [illegible] - [illegible].
145–170 BPM	[illegible], , EBM, GQOM.	[illegible]. kedua [illegible]— [illegible] 1 [illegible], [illegible] 3 [illegible], [illegible]. [illegible], [illegible]. [illegible] — [illegible]. [illegible]	[illegible]. [illegible]. [illegible], [illegible]. [illegible] - [illegible]. [illegible] verloren ([illegible]) [illegible].	[illegible] 2.3 [illegible] - [illegible]. [illegible] "[illegible]" [illegible]. [illegible] "[illegible]" [illegible]. [illegible] "[illegible]" [illegible]

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160–180 BPM	□□□□□□ □□□□□, □□□□□□, □□□□□□□□□□.	D&B □□□□□□: □□□ □□□□□□□□□□ □□□□□ □□□□□□□ □□□□□□□ □□□□□□, BPM □□ □□□□□□ □□□ □□□□□ □□□□□□□. □□ □□□□□□□□□□. □□□□□ 80 BPM (□□□□□-□□□) □□, □□□□□□ □□□□□□□□□ 160–180 □□. □□□□□□□□□ □□□□□□□□□□ □□□, □□□□□ (80 BPM) □□□ □□□□□. □□ □□□□□□□: □□□□□□□ □□□□□ □□□ □□□□□ □□□□□□□ □□□ □□□□□ □□□□□□□ □□□, □□ □□□□□□□□ 0.75 □□□□□□□□□□ □□□ □□□□□□□□□ □□□ □□. □□□ □□ □□□□□□□□□□□□ □□□□□ □□□□□□□ □□□□□ □□□□□.	□□□□□ □□□□□ □□□□□ □□□□□□□ □□□□□□ □□□□□□□ □□□□□□□ □□□□□. 170 BPM □□□□□□□□ □□□ □□□□□□□□ □□□□□□□ □□ □□□□□ □□□□□□, □□ □□□ □□□□□□□ □□□□□ □□□□□□□ □□□, □□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□□ □□□□□. □□□□□-□□□□□□□ (half-time) □□□□□ □□□□□□□ □□□□□□. □□ □□□□□□□□ □□□□□□.	□□□ □□□□□□ □□□ □□□ □□□□□□□□□□□, □□□□□□□□□. □□□ □□□□□□ □□□ □□□□□ □□□□□□□□□ □□□□□□□ □□-□□ □□□□□□□ □□□□□ □□ —160+ BPM □□□, 'and' □□□□ □□, □□□□□□□ □□-□□ □□□□□ □□□□□□ □□□□□□□□□ □□□□□□ □□□□□□.

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Dance Entropy · The Geriatric Venue · The Intergenerational Rescue

[illegible]

[illegible]

[illegible] 8 - [illegible].

THE CENTURION - [illegible].

[illegible]. "Running Man" [illegible]. "Electric Slide" [illegible]. "Roger Rabbit" [illegible]. [illegible] 128 BPM [illegible].

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[illegible], [illegible]. [illegible], [illegible].	[illegible]—[illegible]. [illegible], [illegible].	Cali Swag District, 2010. [illegible] Lil Wil [illegible] 'My Dougie' (2007) [illegible]. "The Dougie" [illegible] 90 [illegible]-[illegible], [illegible], [illegible] ناش[illegible].	80-110 BPM. [illegible]-[illegible], , [illegible] & [illegible]. "[illegible]" [illegible]—[illegible] BPM [illegible] verloren [illegible], [illegible].
Nae Nae.	[illegible]. [illegible]: [illegible]. "Nae Nae" [illegible]—[illegible].	Silento, 2015. "Nae Nae" [illegible] 'Martin' [illegible] Wanda [illegible] - [illegible], [illegible]-[illegible], Silento [illegible].	80-110 BPM. [illegible]-[illegible], [illegible] & [illegible], . [illegible] Whip/Nae Nae [illegible].

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The Woah	[illegible] ([illegible]-[illegible]) [illegible], [illegible] "[illegible]" [illegible] - [illegible]. "[illegible]" [illegible], [illegible]. [illegible]: [illegible], [illegible]	[illegible], [illegible], 2019 [illegible]-[illegible] . [illegible] "The Woah" [illegible]. [illegible] 1970 [illegible] '[illegible]' technik [illegible]. [illegible], [illegible]	90-120 BPM. [illegible]-[illegible], . "The Woah" [illegible], [illegible]-[illegible], [illegible] "[illegible]" [illegible].

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Cumbia [illegible]	[illegible], [illegible]: [illegible]-[illegible]-[illegible]-[illegible], [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]. [illegible] "[illegible]" [illegible]	Cumbia, [illegible] (80-110 BPM), [illegible] R&B [illegible] hip-hop [illegible]. Cumbia [illegible], [illegible], [illegible] trap [illegible] hip-hop [illegible].	75-110 BPM. Cumbia, [illegible] hip-hop, R&B. [illegible] cumbia [illegible] - beide [illegible] beide [illegible].

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8.7 — Vogueing □□ □□□□ □□□□: □□□□ □□□□□ □□□□ □□□□□□□□ □□□□□.

Voguing: Harlem □□□□□□□□ □□□□□□□, 1960 □□□ □□□□□□□□ □□□□□. □□□ "Paris Is Burning" (1990) □□□□□ □□□□□□□ □□ □□□, □□□□□□ □□□ □□□□.

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*** [illegible], [illegible] findahelpline.com [illegible].**
*** [illegible] Recovery Kernel [illegible] Naloxone [illegible]. COMT, DRD2, MTHFR [illegible].**
*** Blueprint [illegible].**
*** [illegible].**

8. 8 - 8.11 [illegible]

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · The Bonfire · The Plant

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[illegible]. [illegible]. [illegible].

[illegible] 8.8 - [illegible]

THE CENTURION - [illegible]. [illegible], [illegible]. [illegible].

8.2 [illegible] 8.4 [illegible] - [illegible] ه[illegible]-[illegible], [illegible] & [illegible] -, [illegible]. [illegible]. [illegible], [illegible], [illegible]. [illegible]. [illegible] ακόμα [illegible], [illegible].

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[illegible] (BPM) [illegible]: 118–135 BPM — [illegible], [illegible], [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible]vocabulary.

[illegible]: [illegible] - 1980-[illegible] خراو [illegible], 2010-[illegible] EDM [illegible].

[illegible] 3[illegible] BPM [illegible]. [illegible]vocabulary [illegible]. "Shuffle" [illegible], [illegible], [illegible].

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X-[illegible] - [illegible]

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The Running Man ([illegible] / [illegible]).

[illegible], [illegible] 8.2 [illegible] 1980 [illegible] "[illegible]" [illegible]. "[illegible]" [illegible], [illegible].

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[illegible], [illegible] ([illegible], [illegible]) [illegible]. [illegible], [illegible]. [illegible], [illegible]. [illegible]: [illegible], [illegible], [illegible].	[illegible]-[illegible], [illegible]. [illegible]—[illegible], [illegible], [illegible]-[illegible]. [illegible]: [illegible]-[illegible]. [illegible], [illegible]—[illegible]. [illegible], [illegible].

BPM [illegible]: 128–160 BPM. T-Step [illegible] X-Step [illegible] 130–145 BPM [illegible]. Running Man [illegible], [illegible] 155 BPM [illegible], [illegible], [illegible].

DnB - Drum and Bass □□□□ □□□□ □□ □□ kosakata.

DnB / Jungle footwork UK — 1992-1994 □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□□, 1994 □□□□□ □□□□□ □□□□ □□□ □□□□□□ □□□□□□□□ □□□.

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[illegible] (Dubstep) [illegible], [illegible]. "[illegible]" [illegible], [illegible]-[illegible], [illegible], [illegible] - [illegible].

[illegible].	[illegible]?	[illegible].	[illegible].
The Drop Lock	[illegible] ([illegible]): [illegible]—[illegible], [illegible], [illegible]. [illegible]: [illegible]beweg[illegible]. [illegible]: [illegible].	[illegible]. [illegible]. [illegible]. "[illegible]" [illegible], [illegible].	[illegible] - [illegible], [illegible]. [illegible].
The Wobble	[illegible] ([illegible]) [illegible] - [illegible]. [illegible], [illegible]. [illegible] - [illegible], [illegible].	LFO ([illegible]) [illegible] "[illegible]" [illegible]. [illegible], [illegible]. [illegible].	[illegible]—[illegible], [illegible] "wobble" [illegible]. [illegible]: [illegible] μουσ[illegible], [illegible].
The Glitch	[illegible] - [illegible], [illegible], [illegible] - [illegible]. [illegible]: [illegible]. [illegible]. [illegible]	[illegible] - [illegible]	[illegible]. [illegible]. [illegible]. "[illegible]" [illegible]

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[illegible] [illegible].	[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 2024 [illegible] [illegible] [illegible] [illegible] [illegible] 300 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible]kennt[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible]: [illegible] [illegible] hakken [illegible] [illegible] shuffle [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] clog [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 8.9 - [illegible]

THE CENTURION - [illegible]."

[illegible] T-Step [illegible] Electric Slide [illegible]

[illegible]

[illegible]

[illegible] - [illegible] می‌شوند. [illegible]

[illegible]

[illegible]	[illegible]	[illegible]
[illegible]	THE REACH: [illegible] kedua tangan sepenuhnya [illegible] THE SPARK: [illegible] bergerak - [illegible]	[illegible] "[illegible]" [illegible]

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THE CENTURION - [illegible].

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- 4–7 □□ □□□□□□: □□□□□□□ □□□□□□□, □□□□□ □□□□□□□□ □□□□□□□□ □□□□□□ □□, □□□□□□□ □□ □□□□□□ □□□□□□□□□, □□□□□ □□ □□□□□□□□□ □□□□□□□□.
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The Recovery Kernel | Dancefloor Intelligence Series

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SECTION 9

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THE CENTURION - [illegible]. [illegible].

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9.3 — [illegible]

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4. [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
5. [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

* [illegible]
* [illegible]

THE CENTURION - [illegible]

[illegible] (Electric Slide) [illegible]. "[illegible]" (Running Man) [illegible]. "roger rabbit" [illegible]. "[illegible]" (Cabbage Patch), "[illegible]" (Butterfly), [illegible] "[illegible]" (Moonwalk) [illegible].

[illegible] - [illegible]. "Mirror match" [illegible].

[illegible] "" [illegible]. "[illegible]-[illegible]" [illegible].

[illegible].

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[illegible], "The Recovery Kernel" [illegible].

[illegible] 0 ([illegible]) · [illegible] 1-7 ([illegible] BPM [illegible]) · [illegible].

[illegible].

[illegible].

THE CENTURION - [illegible].

Recovery Kernel □□ C-28 □□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□, □□□□□□□□□□□ □□ □□□□□□□□□ □□ □□□□□□ □□□□□□□□□. □□□□□ □□□□□□□□□□□□□□ □□□□□ □□□□□□□ □□□□ □□□□ □□□□ □□□□□ □□□□□□□ □□□□□□ □□□□□□□ □□□□□□□ - □□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□, □□□□ □□□□□□□□□ □□□□ □□□□ □□□□□□□□, □□□□□ □□□□□□□ □□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□ □□□□□□ □□□□□□□□□. □□□□ □□ □□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□. □□□□□□□□□□□□□□ □□□□□ □□□□ □□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□, □□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□ □□□□□.

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BPM (beats per minute) □□□ □□□□□□□□ □□□□□. □□□□ □□□□□□□□□□□□ □□□□ □□□□□□ □□□□□□ □□ □□□□□. □□□□□□□□□ □□□□□□□□□. □□□□□□□□ □□□□□□□. □□□□□□□ □□□□ □□□□□□□□. □□□□□ □□ □□□□□□□ □□□□□□□□ □□□□□ □□□□□□□□.

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THE RECOVERY KERNEL MOVE GUIDE

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